



# Hawaii Physical Activity and Nutrition Newsletter

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## News from Hawaii PAN Partners

### Honolulu District Health & Physical Education Wellness News

As the Honolulu District Health & Physical Education Resource Teacher, I strive to service our public school teachers and youth with quality professional development resources, trainings, workshops, fitness events to continually promote the most critical content of education, that being one's health. During the fall break, 20 public school teachers took a professional development course titled: Fitness For Life. This 3-day course was intensive in learning to utilize the Fitness For Life K-12 Curriculum.



Teachers were then observed implementing the curriculum that focused on the Health-Related Components of Fitness, which included lessons on Nutrition and Fitness and strategies on integrating those lessons with the common core. Upcoming, I am hosting three Fitness Meets for 5th graders; this is where these students will be post-tested on the Health Related Fitness Components: Cardio-

Respiratory, Flexibility, Muscular Strength & Endurance, and Body Composition. Over 1,500 students from 17 elementary schools were all pre-tested in the fall, reports were generated, goals were set, and post-testing will take place, where the students will be able to see their growth over time. If you are interested in volunteering at one of the Fitness Meets or would like to learn more about being a sponsor or partner, please contact me at: [denise\\_darval-chang@notes.k12.hi.us](mailto:denise_darval-chang@notes.k12.hi.us)

Current partners are: Hawaii Pacific Health, Kaiser Permanente, Hawaii Kai Lions, and Special Olympics Hawaii.

### Baby-Friendly Hawaii Project Contributes to Improvement in State's Breastfeeding Rates

The Centers for Disease Control and Prevention's (CDC) Division of Nutrition, Physical Activity, and Obesity (DNPAO) provides guidance and funding to state health departments to support strategies to improve breastfeeding policies and practices in the hospital, community, and worksite settings. A recent CDC [study](#) identifies the Baby-Friendly Hawaii Project's role in facilitating improvements in maternity care practices and

breastfeeding rates. During the project period, Hawaii's total Maternity Practices in Infant Nutrition and Care score increased from 65 (out of 100) in 2009 to 76 in 2011, and to 80 in 2013. Exclusive breastfeeding increased by almost 20% in 5 years. To supplement the study, the DNPAO developed a [fact sheet](#) outlining key activities and findings from the Baby-Friendly Hawaii Project. CDC grantees and breastfeeding practitioners can use this document to inform future planning at the state and federal levels on approaches that improve breastfeeding through maternity care practices.



## Adolescents' Eating Habits, Subject of Study

Researchers at the University of Hawaii are studying dietary habits of adolescents in Hawaii. They are seeking participation from 10-13 years old adolescents and their parents/caregivers. Parents will fill out a survey and complete approximately 1-hour interview about their child's food choices. The 10-13 year olds will take pictures of foods eaten for one day and complete approximately 30-minute interview about food choices. From this study they hope to learn more about the food choices of adolescents to help inform programs to promote health. For more information, please contact Jinan Banna, PhD, RD, CDN at [jcbanna@hawaii.edu](mailto:jcbanna@hawaii.edu) or (808) 956-7857.



## FIRST Hawaii-centric worksite wellness survey being launched by HH@WA

Hawaii Health at Work Alliance (HH@WA), a UHA Health insurance subsidiary, will be launching the first Hawaii-centric worksite wellness survey in early 2017. HH@WA serves as a resource for employers interested in or currently offering a wellness program to their employees. Resources include toolkits and guides to setting up a suitable program, a directory of wellness providers, bi-annual events including a wellness conference featuring keynote speakers, and access to an advisory board comprised of community and corporate leaders who understand wellness and/or practice wellness in their respective organizations.

HH@WA is open to all businesses (regardless of their health plan provider) that are interested in concrete solutions to:

- improve the health of their employees (which includes physical activity and nutrition)
- build sustainable and healthy habits, and enhance the performance of their organizations.

To achieve its goals and remain a valuable resource for local organizations, HH@WA will conduct a survey with Hawaii businesses to gather data on attitudes toward and participation in workplace wellness programs. You are invited to participate and be part of this wellness movement. To participate in this survey, call (808) 532-2156 or email [workwell@hhawa.com](mailto:workwell@hhawa.com) and learn how your business can compare your results with data from other Hawaii employers.



In August 2016, HH@WA held a general session featuring a panel discussion on “Engaging Multi-Generations in Wellness.” The event was emceed by Kanoe Gibson (far left) with guest speakers (L to R): Erica Kolcz, UHA Health Insurance, Ann Botticelli, Hawaiian Airlines, Malcolm Inamine, JN Group Holdings, Inc., Denicia Trinidad, FCH Enterprises, Inc. (Zippy’s), and Cindy Sakai, THINK, LLC. Photo by UHA Health Insurance.



## Hawai‘i Highlighted Programs, Projects, and Initiatives

### Schools

#### Hawaii Public Health Institute (HIPHI) - Kauai County Get Fit Kauai Safe Routes to School

Get Fit Kauai Safe Routes to School program continues to grow, with more schools participating in Walk to School Days (W2SD) and identifying infrastructure needs to promote safe walking and biking to school. Wilcox Elementary School, the most recent school to add W2SD to their monthly calendar, had over 300 participants in its first walk to school day in

October! Get Fit Kauai now has 7 elementary schools (Kapaa, Kilauea, St Catherine's, King Kaumualii, Kalaheo, Koloa and Wilcox) who have functioning SRTS task forces that meet on a regular basis to organize Walk to School Days and assist in SRTS activities at the school (i.e. Walk-about, evaluations). 2 more schools have showed interest and hope to come on board before the end of the school year. Very special thanks to Kauai Complex Superintendent, Bill Arakai for his endless support in creating healthier environments for students, and to Michelle Jenkins, Chair of Get Fit Kauai's County-wide Safe Routes to School Task Force.



## Worksite

### Hawaii Public Health Institute (HIPHI) - Kauai County

#### Get Fit Kauai Worksite Wellness Challenge 2016

Get Fit Kauai 2016 Worksite Wellness had "Fun", "Hard Work" and "Success" written all over it. The challenge began in February and ended in October, 2016. The 17 participating agencies/companies focused on making system, policy and/or environmental changes at work. Each team was given an initial questionnaire to determine how "healthy" their place of work is and how many policies they had in place to support a "healthy" place to work. At the end of the 9-month challenge all teams re-took the same questionnaire to see how much they had improved. Extra points were given to policy and system changes implemented involving physical activity and nutrition.



Photo Caption:

Wilcox Medical Center  
Team received first  
place designation!  
Photo by Melissa  
Burovac



The results were nothing less than amazing! 100% of the participating teams reported worksite wellness improvements and/or change as a result of the WSW Challenge. Over 100 written policies and environmental changes that support healthy workplaces were implemented. The winning team, Wilcox Medical, even created a gym at their workplace that employees could use 24/7. Other teams created walking paths around their worksites, while other teams implemented policies that allow employees flextime to visit Farmers' Markets during work hours.

**Congratulations to the following teams:**

| Standing         | Company                            |
|------------------|------------------------------------|
| 1 <sup>st</sup>  | Wilcox Health                      |
| 2 <sup>nd</sup>  | Grove Farm                         |
| 3 <sup>rd</sup>  | YeeCorp Financial                  |
| 4 <sup>th</sup>  | Kauai Juice Co                     |
| 5 <sup>th</sup>  | Ohana Home Health LLC              |
| 6 <sup>th</sup>  | Kauai Coffee Company               |
| 7 <sup>th</sup>  | Syngenta                           |
| 8 <sup>th</sup>  | IT Kauai Inc.                      |
| 9 <sup>th</sup>  | County of Kauai                    |
| 10 <sup>th</sup> | Kauai Marriott Resort & Beach Club |
| 11 <sup>th</sup> | Kuhio Medical Center               |
| 12 <sup>th</sup> | Regency at Puakea                  |
| 13 <sup>th</sup> | Kauai Island Utility Cooperative   |
| 14 <sup>th</sup> | Hoola Lahui Hawaii                 |
| 15 <sup>th</sup> | Kauai Community College            |
| 16 <sup>th</sup> | Costco Kauai                       |
| 17 <sup>th</sup> | Grand Hyatt Kauai                  |

Photo caption: Kauai Coffee Team... this team over doubled their score and moved from the Bronze to Gold Level! Photo by Melissa Burovac





## Featured Resources and Research



### Hawaii

#### Hawaii Journal of Medicine & Public Health

Please enjoy your complimentary copy of the Hawaii Journal of Medicine & Public Health, a joint effort between the Hawaii Department of Health and the University Clinical Education & Research Associates at the John A. Burns School of Medicine (JABSOM). <http://www.hjmph.org>

### National

#### New Resources for Recess from CDC & Society for Health and Physical Educators (SHAPE) America

CDC and SHAPE America have developed new resources for recess in schools. These resources will help schools develop a written recess plan and use evidence-based strategies for recess to increase students' physical activity and improve their academic achievement. The Strategies for Recess in Schools provides schools with evidence-based strategies for planning and providing recess in schools. The Recess Planning in Schools: A Guide to Putting Strategies for Recess into Practice helps schools develop a written recess plan that integrates the evidence-based strategies



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The [Strategies for Recess in Schools](#) provides schools with evidence-based strategies for planning and providing recess in schools. The [Recess Planning in Schools: A Guide to Putting Strategies for Recess into Practice](#) helps

schools develop a written recess plan that integrates the evidence-based strategies. There also is a Recess Planning Template that can be accessed [here](#). Schools can use the template to customize what is included in the recess plan to reflect their existing priorities and make recess decisions that support the unique culture of their school.

### **Resources you can use! National Nutrition Month 2017**



Get information on reading food labels, healthy snacks for kids and more. Share in the celebration of National Nutrition Month® with your family, community and schools by downloading these [free handouts and tip sheets](#).

### **The Community Health Media Center: Your Portal to Public Health Messages and Materials**

The [Community Health Media Center \(CHMC\)](#) has free and low-cost advertisements and materials for use by state and local health departments. The advertisements and materials focus on built environment, nutrition, physical activity, obesity, and other chronic diseases or conditions. Anyone can search the CHMC, and free consultation is available to help find and select advertisements or materials. Send an email to [chmc@cdc.gov](mailto:chmc@cdc.gov) with any questions or if you would like to share your advertisements or materials for consideration. Click the following link for more information on the [CHMC](#).

### **Real Life Solutions for Healthy Eating**

[MyPlate, MyWins](#) is focused on helping Americans find real-life solutions for a healthy eating style. You'll get five, week-long SuperTracker Challenges, a series of short MyPlate, MyWins animated videos and new and improved webpages. Get started with MyPlate, MyWins today!



### **APHA Launches National Public Health Week 2017**

APHA is excited to announce the launch of National Public Health Week 2017! This year's campaign will take place April 3-9 and is themed "Healthiest Nation 2030." Visit the website <http://www.nphw.org> to view this year's brochure and sign up for updates. And be sure to follow us on Twitter <https://twitter.com/nphw> for the latest news. As part of this year's campaign, APHA will once again be leading a challenge to encourage communities to get physically active. APHA's 1 Billion Steps Challenge launched on Jan. 9 and is a great way to improve your health while having fun! This year you can create your own team. Join us in celebrating public health as we work to make the U.S. the healthiest nation in one generation. We encourage Affiliate and component leaders to collaborate on NPHW activities. Share your activities on the [NPHW ISC CoA Collaboration document](#). Listen to the NPHW Partnership meeting recording if you missed it on January 10<sup>th</sup>.



## Grants and Awards

### USDA Announces \$27 Million in Grants Available to Support the Local Food Sector



WASHINGTON, Jan. 11, 2017 – The U.S. Department of Agriculture's (USDA) Agricultural Marketing Service (AMS) today announced the availability of \$27 million in grants to fund innovative projects designed to strengthen market opportunities for local and regional food producers and businesses. The grant applications must be submitted electronically through [www.grants.gov](http://www.grants.gov) by 11:59 p.m. Eastern Time on Monday, March 27, 2017. More information [here](#).



## Conferences, Trainings, and Professional Development

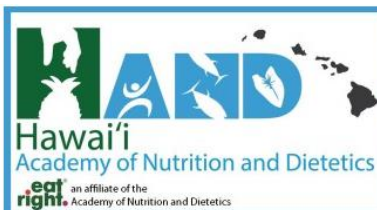
### Hawaii

#### **Academy of Nutrition and Dietetics Annual Conference**

May 5, 2017

Dole Cannery – Honolulu, HI

More information at: <http://eatrighthawaii.org/category/hand-annual-spring-conference>





## Hawaii Celebrates National Public Health Week

April 6, 2017

5:00 PM - 7:00 PM

UH Cancer Center-Sullivan Conference Center

<http://www.hawaiipublichealth.org/event-2489962>



## Ho'ola: The Hawai'i Health Care Conference

The Hawai'i Primary Care Association, in collaboration with the Department of Health and the Hawai'i Public Health Institute invite you to join us:

September 21-23, 2017

<https://www.hoolaconference.com/>



THE HAWAII HEALTH CARE CONFERENCE

Planned sessions throughout the three-day conference include:

- Health care policy in the Trump Era
- Culture-based health interventions
- Alternate payment methods
- Linkages between health, transportation, and housing
- Digital health and data mining
- Workforce development
- The opioid epidemic
- Designing livable communities
- Advances in geriatric care
- Behavioral health

## National

## Society for Public Health Education

Building Capital: Investing in the Future of Health Education

March 30 – April 1, 2017

Charlotte, NC

More information at: <http://www.sophe.org/AnnualMeeting2016.cfm>

### **SHAPE America National Convention and Expo**

American Alliance for Health, Physical Education, Recreation & Dance

April 5-9, 2017

Minneapolis, MN

More information at:

<http://www.shapeamerica.org/events/convention2016/>

### **Society for Nutrition Education and Behavior**

July 20-24, 2017

Grand Hyatt - Washington, DC

More information at: <https://www.sneb.org/2017>

### **Food & Nutrition Conference & Expo**

October 21-24, 2017

McCormick Place West - Chicago, IL

More information at: <http://eatrightfnce.org>

### **Public Health Conference Listings**

More Public Health Conference Listings can be found at:

[https://phpartners.org/conf\\_mtgs.html](https://phpartners.org/conf_mtgs.html)

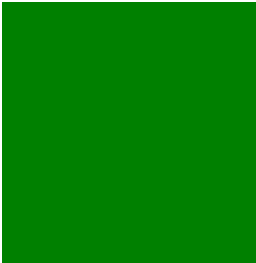
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